

**In the Claims:**

Please amend claim 1.

Please cancel without prejudice claims 7 - 20

1. (currently amended) A method of exercising forearms and wrists of a user, comprising the steps of:

retaining pivotally a driver wheel relative to a stationary object;

engaging a driven wheel with a perimeter of said driver wheel;

providing means for increasing force of said driven wheel against said driver wheel; and

extending a handle rod from ~~a center of~~ said driver wheel, said handle rod being rotated by hands of the user.

2. (original) The method of exercising forearms and wrists of a user of claim 1, further comprising the step of:

providing a base frame having a wheel yoke attached to a mounting plate, attaching said mounting plate to the stationary object, pivotally retaining said handle rod in said wheel yoke.

3. (original) The method of exercising forearms and wrists of a user of claim 2, further comprising the step of:

attaching pivotally one end of a driven yoke to said wheel yoke, pivotally retaining said driven wheel in the other end of said driven yoke adjacent said driver wheel.

4. (original) The method of exercising forearms and wrists of a user of claim 2, further comprising the step of:

providing an adjustable tensioner with a threaded shaft extending from an end of a turn knob, forming a female thread through a top of said wheel yoke, rotating said turn knob to increase the pressure between said driven wheel and said driver wheel.

5. (original) The method of exercising forearms and wrists of a user of claim 1, further comprising the step of:

attaching a hand grip to each end of said rod handle.

6. (original) The method of exercising forearms and wrists of a user of claim 1, further comprising the step of:

inserting a bearing into opposing sides of said wheel yoke, an inner diameter of said bearing being sized to rotatably receive said handle rod.

Claims 7 - 20 (canceled)

Please add Claims 21 - 31.

21. (new) A method of exercising forearms and wrists of a user, comprising the steps of:

providing a driver wheel with a handle rod extending therefrom, pivotally retaining said handle rod in a wheel yoke, securing said wheel yoke to a stationary object

engaging a driven wheel with a perimeter of said driver wheel;

providing means for increasing force of said driven wheel against said driver wheel; and

rotating said handle rod with the hands of the user.

22. (new) The method of exercising forearms and wrists of a user of claim 21, further comprising the step of:

attaching said wheel yoke to a mounting plate, attaching said mounting plate to the stationary object.

23. (new) The method of exercising forearms and wrists of a user of claim 21, further comprising the step of:

attaching pivotally one end of a driven yoke to said wheel yoke, pivotally retaining said driven wheel in the other end of said driven yoke adjacent said driver wheel.

24. (new) The method of exercising forearms and wrists of a user of claim 21, further comprising the step of:

providing an adjustable tensioner with a threaded shaft extending from an end of a turn knob, forming a female thread through a top of said wheel yoke, rotating said turn knob to increase the pressure between said driven wheel and said driver wheel.

25. (new) The method of exercising forearms and wrists of a user of claim 21, further comprising the step of:

attaching a hand grip to each end of said rod handle.

26. (new) The method of exercising forearms and wrists of a user of claim 21, further comprising the step of:

inserting a bearing into opposing sides of said wheel yoke, an inner diameter of said bearing being sized to rotatably receive said handle rod.

27. (new) A method of exercising forearms and wrists of a user, comprising the steps of:

providing a driver wheel with a handle rod extending therefrom, pivotally retaining said handle rod in a wheel yoke, securing said wheel yoke to a stationary object;

retaining pivotally one end of a driven yoke in said wheel yoke, pivotally retaining a driven wheel in the other end of said driven yoke, engaging said driven wheel with a perimeter of said driver wheel;

providing means for increasing force of said driven wheel against said driver wheel; and

rotating said handle rod with the hands of the user.

28. (new) The method of exercising forearms and wrists of a user of claim 27, further comprising the step of:

attaching said wheel yoke to a mounting plate, attaching said mounting plate to the stationary object.

29. (new) The method of exercising forearms and wrists of a user of claim 27, further comprising the step of:

providing an adjustable tensioner with a threaded shaft extending from an end of a turn knob, forming a female thread through a top of said wheel yoke, rotating said turn knob to increase the pressure between said driven wheel and said driver wheel.

30. (new) The method of exercising forearms and wrists of a user of claim 27, further comprising the step of:  
attaching a hand grip to each end of said rod handle.

31. (new) The method of exercising forearms and wrists of a user of claim 27, further comprising the step of:  
inserting a bearing into opposing sides of said wheel yoke,  
an inner diameter of said bearing being sized to rotatably receive said handle rod.